



Especially these days a man needs a good meal



Well-balanced breakfasts and lunches give you energy to carry through your working hours. Avoid hasty, sketchy meals. Try to have the whole family eat at least one meal together.



Nourishing meals help you resist illnesses. You feel better, work better, get more fun from leisure hours. A good diet includes milk, fruits, vegetables, eggs, meats, cereals and breads, and fats. Eat them every day!

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